

WHAT IS CLAIMED IS:

1. A weight plate, comprising:

a front lateral face with a first engaging mechanism;

a rear lateral face with a second engaging mechanism; and

5 a radial central hole;

said first engaging mechanism accommodates and mates with said second engaging mechanism of another weight plate.

2. The weight plate of claim 1, where said first engaging mechanism is a  
10 conical protrusion and said second engaging mechanism is a conical recess.

3. The weight plate of claim 1, where said second engaging mechanism houses a mounting mechanism for use with an inertial force exercise device.

15 4. A stackable weight plate, comprising:

a front lateral face with a protrusion proximal to a radial center of said stackable weight plate;

a rear lateral face with a recess proximal to said radial center of said stackable weight plate; and

20 a radial center hole;

said rear lateral face with said recess proximal to said radial center of said stackable weight plate rests on a second stackable weight plate's front lateral face

with a protrusion proximal to said radial center of said second stackable weight plate.

5. An inertial force exercise device, comprising:

5 at least one weight plate having a front lateral face with a protrusion proximal to a radial center of said at least one weight plate;

a rear lateral face with a recess proximal to a radial center of said at least one weight plate; and

a radial center hole;

10 said rear lateral face with said recess proximal to said radial center of said at least one weight plate houses a mounting mechanism.

6. The inertial force exercises device of claim 5, where said mounting mechanism is comprised of a washer and a fastener.

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